

POLICY AND PROCEDURE

REACH for Tomorrow

Therapeutic Group Programming Schedule and Content Policy

Partial Hospitalization Program (PHP)

Effective Date: 08/15/2025

Approved By: Director of Medical and Clinical Services

Review Schedule: Annually or as Needed

Applies To: All Programs — Outpatient MH/SUD, IOP, PHP, and Integrated Primary Care/Behavioral Health

Purpose

To ensure that the Partial Hospitalization Program (PHP) provides structured, clinically appropriate therapeutic group programming that supports recovery, skill development, symptom stabilization, and improved functioning for individuals served.

Policy

The Partial Hospitalization Program provides a structured schedule of therapeutic group services designed to address the behavioral health, psychosocial, and recovery needs of individuals served. Group programming is delivered by qualified clinical staff and follows evidence-informed practices consistent with CARF behavioral health standards.

Group services are organized to provide a therapeutic milieu that promotes recovery, skill building, and symptom stabilization. Programming is structured and scheduled daily to ensure consistent engagement and therapeutic benefit.

Program Structure

PHP group programming is scheduled multiple hours per day, multiple days per week. The program maintains a structured daily schedule that may include:

- Psychoeducational groups
- Cognitive behavioral therapy (CBT) skill groups

POLICY AND PROCEDURE

REACH for Tomorrow

- Dialectical behavior therapy (DBT) skills groups
- Relapse prevention groups
- Coping skills development
- Stress management and emotional regulation
- Trauma-informed recovery groups
- Life skills and community functioning groups
- Wellness and recovery education

Daily Schedule Requirements

The program maintains a written therapeutic group schedule that:

- Identifies daily group topics
- Lists group facilitators
- Defines start and end times
- Ensures structured programming throughout the treatment day

Schedules are made available to staff and individuals served and may be adjusted based on clinical needs or program improvements.

Group Content Standards

Group content must:

- Align with individualized treatment plan goals
- Support development of coping and recovery skills
- Address symptom management and emotional regulation
- Promote relapse prevention and wellness
- Be trauma-informed and culturally responsive
- Encourage peer support and engagement

POLICY AND PROCEDURE

REACH for Tomorrow

Curriculum and group materials may incorporate evidence-based or evidence-informed practices.

Facilitator Qualifications

Therapeutic groups are facilitated by qualified clinical staff operating within their scope of practice. Facilitators may include:

- Licensed behavioral health clinicians
- Counselors
- Social workers
- Qualified mental health specialists
- Other credentialed staff approved by the organization

Facilitators receive training in group facilitation techniques and therapeutic interventions appropriate for PHP programming.

Group Size and Participation

Group size is monitored to maintain therapeutic effectiveness and ensure appropriate participation. Staff facilitate group processes that promote respectful communication, emotional safety, and constructive peer interaction.

Participation is encouraged as part of treatment engagement, and attendance is documented in the clinical record.

Documentation Requirements

Group services must be documented in the electronic health record and include:

- Date and time of group
- Topic or therapeutic focus
- Name and credentials of facilitator
- Individuals present

POLICY AND PROCEDURE

REACH for Tomorrow

- Summary of group interventions
- Individual participation and response to treatment

Program Evaluation

Therapeutic group programming is periodically reviewed as part of program evaluation activities. Reviews may consider:

- Client feedback
- Outcome data
- Clinical effectiveness
- Program needs and improvements

Adjustments to programming may be implemented based on quality improvement findings.